Proposed Synopsis for Ph.D. Pre-registration seminar

on

Environmental Awareness and Psychological Well-being: A Psychological Study among Tribal Christian Adolescents of Ranchi District

By

Radha Kumari

Research Scholar

University Department of Psychology

Ranchi University Ranchi

Under the guidance of

Dr. M.P. Hassan

Associate Professor and Head

University Department of Psychology

Ranchi University, Ranchi

2025

1.0. Introduction

1.1 State of the art

The environment plays a crucial role in our mental health and well-being. Numerous scientific studies have shown that exposure to nature and natural environments has a positive impact on mental health. Being in natural surroundings, such as parks, forests, or near bodies of water, has been found to reduce stress, improve mood, enhance cognitive function, and increase overall well-being. Nature can provide a sense of tranquillity and restoration, allowing individuals to disconnect from the pressures of daily life and find solace in natural beauty.

In the light of the above, the present study aims to examine the Environmental Awareness and Psychological Well-being Among Tribal Adolescents of Ranchi District.

1.2 Conceptual framework of the study

1.2.1 Concept of Environmental Awareness

Environmental awareness is having an understanding of the environment, the impacts of human behaviors on it, and the importance of its protection.

The concept of environmental awareness emerged in the 1960s. It is a comprehensive concept that reflects many new problems in the relationship between human beings and the environment (Arcury, 1990), including five levels, especially knowledge, attitude, perceptual knowledge, evaluation and behavior.Xiao Hua conducted a research on environmental information disclosure and environmental awareness in China through a questionnaire survey. The survey results show that environmental information disclosure has been implemented in China’s enterprises at the present stage. Some enterprises are required to make mandatory disclosure, while others voluntarily disclose. However, there are still problems such as imperfect environmental accounting information system, incomplete environmental information disclosed, lack of comparability and reliability (Xiao, 2001).

Huang provides information on the public’s perception of the local environmental quality, environmental awareness and environmental performance, and of their willingness to pay for improving environmental quality and making green purchases. The results indicate that residents are not satisfied with the local environmental quality, and they would like to share environmental responsibility (Huang et al., 2006).

Liu Jianguo believes that environmental awareness refers to the sum of people’s understanding of the environment itself, the relationship between people and the environment and environmental protection. It is divided into two levels: rational knowledge, including

thoughts, viewpoints, theories and perceptual knowledge, including psychology, emotion and attitude (Liu, 2008). China's public environmental awareness is generally on the rise through a survey of China's public environmental awareness level. It will enter a stable state in 2019 and the public environmental awareness is generally high (Liu et al., 2009; Yan et al., 2010).The government has gradually become the main body of environmental information disclosure (Yao, 2010; Wang et al., 2013).

Ortas processed and analyzed the collected data by quantile regression method. The results show that the indicators reflecting the financial position are significant factors that affect the disclosure of environmental information (Ortas et al., 2015). Environmental events, political relations, the nature of equity, barriers to entry have a significant impact on the environmental disclosure of heavily polluted listed companies (Luo and Lai, 2015). Li's research results show that the greater the government's supervision, the higher the level of corporate environmental information disclosure (Li, 2015).

Chen shows that enterprises with strong environmental awareness have a higher level of environmental information disclosure. Exploring the relationship between them is helpful to improve the level of environmental information disclosure (Chen, 2016). To sum up, this paper establishes a structural equation model for corporate environmental information disclosure and environmental awareness to explore the relationship between environmental awareness and environmental information disclosure.

The results of Prasad show that factors such as corporate characteristics, size, age and foreign customers have significant positive impact on environmental disclosure, while leverage has negative impact on disclosure (Prasad et al., 2017). Xu Yongjie pointed out that environmental awareness and supervision are the driving force of environmental information disclosure (Xu, 2018).

There are two main explanations for the motivation of enterprises to disclose environmental information: socio-political theory and economic disclosure theory. Social and political theory covers a series of hypotheses to explain the disclosure behavior from the perspectives of legality, social system and stakeholders. It holds that companies passively disclose the environmental protection information of companies concerned by outsiders mainly based on the pressure of external information demanders, which indicates that companies have fulfilled the "social contract" to avoid threats such as legal lawsuits (Khan et al., 2013; Clementino and Perkins, 2021). Shi Beibei pointed out that government environmental information disclosure can increase the public's right to know and participate in environmental management of enterprises, improve the effect of environmental legislation

and realize sustainable development (Shi et al., 2019).Based on the signal transmission theory, the view is that companies voluntarily disclose environmental protection information to the outside world in order to obtain development resources, in order to show the company's corporate image with good environmental performance, which is different from companies with poor performance and is recognized by the public. However, as the increasing relevance of Sustainable Development Goals in companies' disclosure practices (Izzo et al., 2020), To sum up, environmental information disclosure refers to a kind of governance behavior in which the government and enterprises disclose relevant information about the environment in order to meet the supervision needs of the external public. The ultimate goal is to reduce corporate sewage discharge and realize sustainable economic development. Another research shows that there is a significant positive correlation between environmental information disclosure and enterprise value and environmental cost (Wang et al., 2020).

Scholars at home and abroad have not reached a consensus on the research index system of environmental information disclosure. From a comprehensive analysis of various aspects, factors such as enterprise size, industry, system level, financial status, proportion of senior executives holding shares, and audit level are generally accepted research influencing factors. The quality level of environmental information disclosure of listed companies in China is significantly related to company size, management expenses and policy implementation (Wang, 2019; Zhang, 2021). Wang Xinping made descriptive statistics on the data of more than 3,000 listed companies in Shanghai and Shenzhen. The results show that the perfection of the environmental information disclosure system of listed companies and the strengthening of the supervision of environmental violations have a significant positive impact on the degree of environmental information disclosure of listed companies (Wang and Li, 2021. Carnini et al. think that there is a positive relationship between environmental, social, and governance disclosure and firm performance (CarniniPulino et al., 2022). Chen explores the influencing factors and mechanisms of corporate environmental information disclosure. Through a random-effect GLS regression analysis of 363 listed manufacturing companies from the Shanghai Stock Exchange for 2012–2018, they find that the link between internal/external factors and environmental information disclosure is mediated by corporate environmental management (Chen et al., 2022). The factors affecting the quality of environmental information disclosure are very extensive, and the conclusions reached by most scholars using different research objects and methods are inconsistent, which need further research.

1.2.2 Concept of Well - being

Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and the ability to manage stress.

Well-being is something sought by just about everyone because it includes so many positive things feeling happy, healthy, socially connected, and purposeful.

Well-being emerges from your thoughts, actions, and experiences most of which you have control over. For example, when we think positively, we tend to have greater emotional well-being. When we pursue meaningful relationships, we tend to have better social well-being. And when we lose our job or just hate it we tend to have lower workplace well-being. There are five major types of Well-being which are as follows:

- Emotional Well-Being. The ability to practice stress-management and relaxation techniques, be resilient, boost self-love, and generate the emotions that lead to good feelings.
- Physical Well-Being. The ability to improve the functioning of your body through healthy living and good exercise habits.
- Social Well-Being. The ability to communicate, develop meaningful relationships with others, and maintain a support network that helps you overcome loneliness.
- Workplace Well-Being. The ability to pursue your interests, values, and life purpose in order to gain meaning, happiness, and enrichment professionally.
- Societal Well-Being. The ability to actively participate in a thriving community, culture, and environment.

Emotional Well-Being. To develop emotional well-being, we need to build emotional skills like positivity, emotion regulation, and mindfulness, for example. Often, we need to build a variety of these skills to cope with the wide variety of situations we encounter in our lives. When we have built these emotional well-being skills, we can better cope with stress, handle our emotions in the face of challenges and quickly recover from disappointments. As a result, we can enjoy our lives a bit more, be happier and pursue our goals a bit more effectively.

Skills to contribute to emotional well-being:

- Happiness Skills
- Mindfulness Skills
- Positive Thinking Skills

- Resilience Skills

Physical Well-Being. To develop our physical well-being, we need to know what a healthy diet and exercise routine looks like so that we can implement effective strategies in our daily lives. When we improve our physical well-being, not only do we feel better, but our newfound health can also help prevent many diseases, heal our guts, boost our emotional well-being, and limit the number of health challenges we have to deal with in our lives.

Some of the things that can help to boost physical well-being:

- Eating for Health
- Detoxing Body
- Correcting Nutritional Deficiencies
- Removing Plastic from Home

Unfortunately, it's possible to eat healthily but still be unhealthy. We can accidentally miss important foods or nutrients. Or we can overburden ourselves with toxins from plastic or processed food. As a result, we may need to eat additional foods, detox our bodies, or prevent these toxins from entering our bodies again. This is why it's essential to learn about health so that we can make the right changes those that lead to long-term health and well-being.

Social Well-Being. To develop social well-being, we need to build our social skills, like gratitude, kindness, and communication. Social skills make it easier for us to have positive interactions with others, helping us to feel less lonely, angry or disconnected. When we have developed our social well-being, we feel more meaningfully connected to others.

Skills to contribute to better social well-being:

- Practicing Gratitude (for example with a gratitude journal)
- Building Meaningful Social Connections
- Managing Relationship with Technology

It's important to know that building social well-being is one of the *best* ways to build emotional well-being. When we feel socially connected, we also tend to just feel better, have more positive emotions, and are able to cope better with challenges. This is why it's essential to build our social well-being.

Workplace Well-Being. To develop our workplace well-being, we need to build skills that help us pursue what really matters to us. This can include building professional skills which help us to meet our life goals and help us manifest things, but it also includes things like living our values and maintaining work-life balance. These skills let us enjoy our work

more, helping us to stay focused, motivated, and successful at work. When we have developed workplace well-being, our work, and therefore each day, feels more meaningful.

1.2.3 Concept of Psychological Well-being

Psychological Well-being is when you're mentally healthy and feel positive overall about your life. Psychological Well-being consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, personal growth and development.

A common theory was developed by Carol Ryff, a United States based psychologist, called the Six-Factor Model of Psychological Well-Being. Ryff's philosophy is that Psychological Well-being isn't just based on positive emotions—it's a balanced overview of multiple aspects of life.

According to Ryff's well-being measures, people are evaluated with a survey focused on the six factors Carol Ryff identified that lead to someone's psychological well-being. The higher someone scores in each category (from one to six), the more likely they are to have a high level of Psychological Well-being. Here are the factors:

1. **Autonomy:** Evaluates a person's independence and reactions to social pressure.
2. **Environmental mastery:** Evaluates the level of control a person feels they have over their environment and everyday needs.
3. **Personal growth:** Evaluates if a person has a desire to develop or grow.
4. **Positive relationships with others:**Evaluate the quality of relationships a person has in their life.
5. **Purpose in life:** Evaluates the goals and determination a person has.
6. **Self-acceptance:** Evaluates the outlook a person has on themselves

According to Ryff, how you feel about these six categories will affect your total level of psychological well-being. Focusing on these areas will help you have a better quality of life, improve your mental health, and develop a more positive outlook about your circumstances.

1.2.3.1 Factors to achieve Psychological Well-being

To achieve psychological well-being, it's wise to focus on developing the six focus areas outlined by Ryff.

Autonomy

One of the best ways to build up autonomy is to improve confidence in self. A confident person is comfortable with the choices they make in their daily life and doesn't seek or become easily influenced by the opinions of others. To make oneself more confident, remind self of all of the good traits about oneself. Write them down. Don't be shy there are tons of great qualities within oneself.

Then, find a hobby or outlet that brings meaning in life and make it a priority. It can be easy to be swept up in the needs of others, but having time that's just for self to focus on what one love is critical to building up more autonomy and, ultimately, psychological well-being.

Environmental Mastery

If one feels like he/she is the creator of own destiny, that's a sign of environmental mastery in overall psychological well-being. Sometimes one may feel overwhelmed because things happen without warning, but it's important to keep in mind there is only so much one can control in one's own life. Practice mindfulness to help self focus on the present and avoid worrying about things that is not in one's control. This can help reduce negative emotions and increase emotional well-being.

However, there are aspects of life where you have a sense of control, such as social relationships, career, or passions. Remind self of the goals or dreams one's has for one's life..

Personal Growth

A person who values personal growth and challenges themself to learn tends to have psychological well-being because they don't feel stuck and know they're working toward becoming a better person.

Depending on what one decides there are many different ways one can go for personal growth. One can try to learn a new skill, focus on physical well-being, learn about different cultures, or work on patience with others.

It's also helpful to write down the focus areas one's have for personal growth and create a life goals list. This list will help to stay on track and remind one's what one is working toward.

Positive relationships with others

Having good relationships with others is no doubt a huge indicator of a person's happiness and overall psychological well-being. To develop positive relationships, find ways to connect with the loved ones one may have fallen out of touch with. If a person is looking to build new relationships with others, consider opportunities that will put in contact with new groups of people. For example, joining a community book club or get a membership at gym. These activities will expose to new people which could develop into positive and lasting friends.

Purpose in life

Find a way to live with purpose, and there will be a feeling of fulfillment and content. Many people find meaning in life by serving others, whether it's through volunteering or raising children. Others may find their purpose in their career or by discovering new innovations to improve the world.

No matter what is the purpose , it should motivate oneself and give energy to work toward it every day. When a person feels like life has meaning and is part of bettering the world, psychological and emotional well-being will improve.

Self-Acceptance

When a person is at peace with self, it opens the doors for psychological well-being and overall happiness. A person can work on self-acceptance by being kinder toward self. Talking to self as if you are one of your closest friends and avoid belittling or bashing on yourself if you don't succeed at something.

REVIEW OF LITERATURE

Raj and Devi (2018) conducted a study on Psychological Well-being of working young adults in Hyderabad, India and found that there was significant difference in psychological well-being between the male and female young adults at 99.8% confidence interval i.e. P value<0.001. This indicates that males were more psychologically fit as compared to females.

Sharma, Singh et al (2021) conducted a study to assess the Psychological Well-being (PWB) of college students and to determine the correlation between age and PWB aspects and found that students of 20 years or more had better PWB in terms of all dimensions than <20 years.

Sharma and Sharma (2021) conducted a study titled – "A Study of Environmental Awareness Among Indian Adolescents". The sample comprised of 216 adolescents ranging between 16-18 years of age with an average of 17 years, 108 students were boys and 108 students were girls studying in Urban Schools of Gonda City of Uttar Pradesh. Moreover, 62 boys were from nuclear families and 46 boys were from joint families, and, 79 girls were from nuclear families whereas 29 girls were from joint families. The findings of the study suggested that some adolescents showed an average level of Environmental Awareness but none of them were found at low level of awareness. No gender differences was observed between the Environmental Awareness level of boys and girls. Girls from joint families were found to be more aware of environmental issues as compared to girls from nuclear families. Overall, it was concluded that high level of Environmental Awareness can be seen as a positive outcome in future with respect to environmental protection.

Shahina, Parveen (2022) conducted a study on Psychological Well -Being among adolescents in relation to meaning in life and personal growth initiative.

The sample consisted of 100 adolescents (47 male and 53 female). They were selected from various schools in Aligarh city through the purposive sampling technique. The age range of the sample comprised of 15-21 yrs. They found that there is a linkage between meaning in life, personal growth initiative and psychological well – being.

Bharatbhai (2023) conducted a study to investigate the levels of Psychological Well-being among youth residing in rural and urban areas and examine the potential differences in well-being based on gender. Results indicated that there was no significant difference in the mean levels of Psychological Well-being between youths residing in rural and urban areas, suggesting that the area of residence did not significantly influence the Psychological Well-being of youth in the study.

However, a significant difference was found in Psychological Well-being based on gender, with female youths exhibiting higher levels of well-being compared to male youths.

2.0 Problem to be investigated

The problem which has been taken for investigation is Environmental Awareness and Psychological Well-being: A Psychological Study Among Tribal Christian Adolescents of Ranchi District.

3.0 Objectives of the investigation

The following objectives have been formulated for the present study:

1. To measure the levels of Environmental Awareness and Psychological Well-being among Tribal Christian Adolescents of Ranchi District.
2. To examine the impact of class and place of residence on Environmental awareness and Psychological Well-being among Tribal Christian Adolescents of Ranchi District.
3. To examine the impact of gender on Environmental Awareness and Psychological Well-being among Tribal Christian Adolescents of Ranchi District.

3.0 Research Hypotheses

The following hypotheses have been formulated for the present study:

1. There will be significant difference between the levels of Environmental Awareness and Psychological Well-being among Tribal Christian Adolescents of Ranchi District.
2. There will be significant difference between the impact of class on Environmental Awareness and Psychological Well-being among Tribal Christian Adolescents of Ranchi District.
3. There will be significant difference between the impact of place of residence on Environmental Awareness and Psychological Well-being among Tribal Christian Adolescents of Ranchi District.
4. There will be significant relationship between various dimensions of Environmental Awareness and Psychological Well-being and it will be positively correlated with each other.

5.0 Research Design and Methodology

5.1 The Sample

Purposive sampling technique will be used for selecting 320 adolescents from Government School of Ranchi District. The stratification will be done as follows:

Class 2 (Class 10^{th} and Class 12^{th}).

Place of residence 2 (Rural and Urban).

Gender 2 (Boys and Girls).

Table 1: Sample Design

Class / Gender	Place of Residence			
	Rural		Urban	
	Boys	Girls	Boys	Girls
10th	40	40	40	40
12th	40	40	40	40
Total	320			

5.2 Variables

5.2.1 Independent Variables

1. Class 2 (10^{th} and 12^{th})
2. Place of Residence 2 (Rural and Urban)
3. Gender 2 (Boys and Girls)

5.2.2 Dependent Variables

1. Environmental Awareness
2. Psychological Well-being

5.3 Selection Criterion

5.3.1 Inclusion Criterion

(a) Tribal Christian Adolescents of Class 10th and 12^{th}.

(b) Tribal Christian Adolescents of Age range of 13 to 18 years.

(c) Tribal Christian Adolescents who can read and comprehend local language.

(d) Tribal Christian Adolescents of Government school.

5.3.2 Exclusion Criterion

(a) Adolescents not going to school.

(b) Age range below 13 and above 18 years.

(c) Adolescents unable to comprehend local language.

(d) Adolescents of private school.

6.0 Sources of data and tools to be used for data collection:

6.1 Sources of data

Data for the proposed study will be collected from both primary and secondary sources. Primary data will be collected from government school. The age range of the adolescents will be 13 to 18 years. It will include both boys and girls. Secondary data will be gathered from books, journals, papers, e-book articles and reports, providing a comprehensive overview of Environmental Awareness and Psychological Well – being.

6.2 Tools to be used

The following tools will be used for the data collection

1. Personal Data Questionnaire.
2. Psychological Well – Being Scale.
3. Environmental Awareness Scale.

6.2.1 Description of the tools

1. Personal Data Questionnaire

This questionnaire will be prepared by the researcher to elicitinformation regarding the socio-demographic details of the participants such as – name, age, gender, class, school, caste, religion, address.The purpose of the questionnaire is to check whether the individual qualifies for the study.

2. Psychological Well – Being Scale

Ryff's Psychological Well – Being Scale (PWB), developed in 1989, 42 item version will be used to measure the Psychological Well – Being of the participants. Participants have to indicate their degree of agreement (using a score ranging from 1-6) to the sentences. It is

basically a Likert – Type Scale. The age range for Psychological Well-being Scale for adolescents is typically 10-18 years old.

3. Environmental Awareness Scale

This scale was developed by Kapani and Biswal both in Hindi and English versions. There are 40 items. This is a useful tool to assess environmental awareness of an individual or a group of 15-25. It can be used for any behavioural research concerning environmental awareness, survey purpose/ for comparison of population. It gives a quick measure of environmental awareness for experimental purposes. It is suitable for group administration as well as for individual testing. The test is developed and standardized on Indian sample. The age range of this scale is 12-18 years old.

7.0 Analysis of Data

The data will be collected from Government School of Ranchi District. Then the data will be analyzed using different methods based on independent t-test to evaluate the difference between various variables in the population and quality of correlation will be used to determine the relationship between success and freedom. Demographic analysis and description of each variable will be performed by calculation of means and analysis of variance (ANOVA). Statistical Analysis will be done with the help of Statistics Package for Social Science-20 (SPSS-20). Appropriate statistics will be used to analyze the data and statistical data will be used to test the hypotheses of the study.

8.0 Significance of the Study

This study will provide an understanding of Environmental Awareness and Psychological Well – Being of the adolescents and will also help us in improving their Environmental Awareness and Psychological Well -Being which will further improve their mental health and their quality of life.

9.0 Relevance to the present day problem and need to society

As the rate of suicide has increased significantly among the adolescents these days. So, there is an urgent need to look into the factors that are increasing suicide rates and also to help people to have a good Environmental Awareness and Psychological Well – Being which will further improve their mental health.

10.0 Contributions to the existing knowledge

The findings of the present study would be beneficial for the professionals, clinicians, researchers and academicians in the field of mental health and society as well.

11.0 Future Work

A similar study can be conducted on a larger sample size.

Chapterization

Following five chapters will be there in the proposed research:

Chapter 1. Introduction

Chapter 2. Review of Literature

Chapter 3. Methodology

Chapter 4. Analysis of Data

Chapter 5. Summary and Conclusion

References

Appendix

NOTE: This synopsis is tentative, which may be modified depending upon the availability of respondents,tools and other situations.

REFERENCES

1. Abbate, S., Centobelli, P., Cerchione, R., Oropallo, E., and Riccio, E. (2022). Investigating healthcare 4.0 transition through a knowledge management perspective. *IEEE Trans. Eng. Manag.* 1–14. doi: 10.1109/TEM.2022.3200889
2. Arcury, T. A. (1990). Environmental attitude and environmental knowledge. *Hum. Organ.* 49:300e304. doi: 10.17730/humo.49.4.y6135676n433r880
3. Carnini Pulino, S., Ciaburri, M., Magnanelli, B. S., and Nasta, L. (2022). Does ESG disclosure influence firm performance? *Sustainability* 14:7595. doi: 10.3390/su14137595
4. *Carol Ryff's Model of Psychological Well-being the Six Criteria of Well-Being*
5. Centobelli, P., Cerchione, R., and Esposito, E. (2017). Environmental sustainability in the service industry of transportation and logistics service providers: systematic literature review and research directions. *Transp. Res. Part D: Transp. Environ.* 53, 454–470. doi: 10.1016/j.trd.2017.04.032
6. Chen, S. (2016). *The Correlation Analvce between Environmental Information Requirements of Chinese Listed Company and the Level of Environmental Information Disclosure Based on Network Search Data*. MA thesis. Guangzhou, China: South China Agricultural University.
7. Chen, X., Li, X., and Huang, X. (2022). The impact of corporate characteristics and external pressure on environmental information disclosure: a model using environmental management as a mediator. *Environ. Sci. Pollut. Res.* 29, 12797–12809. doi: 10.1007/s11356-020-11410-x
8. Clementino, E., and Perkins, R. (2021). How do companies respond to environmental, social and governance (ESG) ratings? Evidence from Italy. *J. Bus. Ethics* 171, 379–397. doi: 10.1007/s10551-020-04441-4
9. *Dodge, Rachel; Daly, Annette; Huyton, Jan; Sanders, Lalage (2012). "The challenge of defining wellbeing". International Journal of Wellbeing. **2** (3): 222–235.doi:10.5502/ijw.v2i3.4.*
10. Huang, P., Zhang, X., and Deng, X. (2006). Survey and analysis of public environmental awareness and performance in Ningbo, China: a case study on household electrical and electronic equipment. *J. Clean. Prod.* 14, 1635–1643. doi: 10.1016/j.jclepro.2006.02.006
11. Huber, R., and Hirsch, B. (2017). Behavioral effects of sustainability-oriented incentive systems. *Bus. Strategy Environ.* 26, 163–181. doi: 10.1002/bse.1905

12. *International Journal of Health Sciences* 2550-6978 E- 2550-696X© 2022.
13. Izzo, M. F., Ciaburri, M., and Tiscini, R. (2020). The challenge of sustainable development goal reporting: the first evidence from Italian listed companies. *Sustainability*. 12:3494. doi: 10.3390/su1208349
14. Jadav, M. B. (2023). Psychological Well-being among Youth. International Journal of Indian Psychology, 11(3), 1610-1616. DIP:18.01.155.20231103, DOI:10.25215/1103.155
15. Khan, A., Muttakin, M. B., and Siddiqui, J. (2013). Corporate governance and corporate social responsibility disclosures: evidence from anemerging economy. *J. Bus. Ethics* 114, 207–223. doi: 10.1007/s10551-012-1336-
16. Li, Guihong. (2015). Research on the Impact of Governmental Supervision and Managers' Cognition on Corporate Environmental Information Disclosure. Northeastern University. Doctoral dissertation.
17. Liu, J. (2008). Carry out environmental education to raise awareness of environmental protection. *Inner Mongolia Sci. Technol. Econ.* 2008, 82–84.
18. Liu, Q., Li, H.-M., Zuo, X.-L., Zhang, F.-F., and Wang, L. (2009). A survey and analysis on public awareness and performance for promoting circular economy in China: a case study from Tianjin. *J. Clean. Prod.* 17, 265–270. doi: 10.1016/j.jclepro.2008.06.00
19. *Muttaqin, Darmawan (2022-10-27). "Internal Structure Evaluation on the Indonesian Version of Psychological Well-Being Scales". Psympathic: JurnalIlmiahPsikologi.**9** (1): 01–16. doi:10.15575/psy.v9i1.10710. 2502-2903. S2CID 253197366*
20. Raj, A. ,& Devi, S. (2018). Psychological Well being of working young adults in Hyderabad. International Journal of Current Microbiology and Applied Sciences 7(12):3088-3094 DOI:10.20546/ijcmas.2018.712.353
21. *Ryff, C. D. (1989). "Happiness is everything, or is it? Explorations on the meaning of psychological well-being". Journal of Personality and Social Psychology. **57** (6): 1069–1081. doi:10.1037/0022-3514.57.6.1069. hdl:11323/11028. S2CID 29135711.*
22. Ryff, C. D. (1989a). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, *57*(6), 1069–1081.

23. Ryff, C. D. (1989b). Beyond Ponce de Leon and life satisfaction: New directions in quest of successful ageing. *International Journal of Behavioral Development*, *12*(1), 35–55.
24. Ryff, C. D. (2014). Psychological well-being revisited: Advances in the science and practice of eudaimonia. *Psychotherapy and Psychosomatics*, *83*(1), 10–28.
25. Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, *69*(4), 719–727.
26. Ryff, C. D., Lee, Y. H., Essex, M. J., & Schmutte, P. S. (1994). My children and me: Midlife evaluations of grown children and of self. *Psychology and Aging*, *9*(2), 195–205.
27. Seifert, T. A. (2005). The Ryff scales of psychological well-being. Assessment Notes.
28. Shahina, G. & Parveen, A. (2022). A Study of Psychological Well -Being Among Adolescents in Relation to Meaning in Life and Personal Growth Initiative. International Journal of Indian Psychology, 10 (3), 1414-1425. DIP:18.01.151.20221003, DOI:10.25215/1003.151
29. Sharma A, et al International Journal of Health and Clinical Research 2021; 4 (21):204-208 December 2018.
30. Sharma M, et al International Journal of Research in Economics and Social Sciences 2021;11 (12):327-341 December2021.